

Mental Wellness Tween Camp
August 7-10, 2023

AGENDA

DRAFT

Day 1 (Monday):

- Who are we?
 - o Check in.
 - o Introductions
 - o Ground Rules
 - o Small Group Assignments/Buddies
- Group hike to go over the lay of land/navigation.
- Deep Breathing techniques
- Identity presentation/work exercises
 - o Unravel who we have thought we were.
 - Conditioning by caretakers and society
 - Hypnosis/Subconscious programming
 - Comparison = Social Media/Observation
 - How it has limited us, how we can transform it.
- Communication Influence:
 - o We are always communicating
 - o Successful communication is never what you intend to say, but the response you get from someone else.
 - o Reality is what we perceive. Everyone has their own perception of reality.
 - o Flexibility = Dominant
 - o We work perfectly
 - o We make the best choice available to us at that time.
 - o Choice is better than no choice.
 - o Behavior can be useful in different contexts.
 - o Anyone can do anything – Chunk it down
 - o No such thing as failure, just production of a result.

- o Positive Intention behind behavior.
- Perceptual Positions: 1st, 2nd, 3rd (Observer)
 - o Modeling = Walking in another's shoes
 - o Match/Mismatch/Rapport/Mirroring
- Group fun:
 - Lemon Test
 - "This is my nose"
 - Johnny Johnny
- Identity creation: Art/Creativity/Symbolism
 - o Timeline of what others molded you into
 - o Becoming aware of patterns and acceptance of beliefs.
 - o Creating who we desire to be (Vision/Artwork) – Not there yet.

Day 2 (Tuesday)

- Why are we here:
 - o Morning hike
 - o Centering – Clearing Mind
 - o Hero's Journey part 1 (Creek/Bridge)
 - o The power of Beliefs:
 - Who, what, where, when we solidified them.
 - The challenge and transformation of them.
 - The instillation of new, more resourceful ones.
- Multiple group, small group, and individual work for beliefs.
 - o Belief Assessment
 - o Belief Change Process
 - o Belief Instillation and Integration Process
 - o End the night with Mission (Why are we here, what is our purpose (Individually/Collectively), and how will we impact our and others lives?)

Day 3 (Wednesday)

- Mission:
 - o Circle of confidence
 - o How we detect it – Creatively
 - o Stories, the power of them.
 - o Hero's Journey process part 2
 - o Individual/Group Mission to take back to community.
 - o I will teach the logical levels of alignment

Day 4 (Thursday)

- Conclusion
- Re-cap
- Solidification of Individual Identity and Mission, Group Mission
- Pack up, closing ceremony
- Send off to parents/caregivers.